May

Memorial Holiday Safety

National Buckle –Up America Week

Motorcycle Safety Month

Competitive Sports Safety

Hot Weather Vehicle Maintenance Check

Camping Safety

WHY WEAR SEATBELTS?

...To Save Your Own Life

Many states now have laws requiring drivers and passengers alike to wear seatbelts or pay a stiff price. Sadly, many people still resist using seat belts and pay an even stiffer price—their lives. If you're still unconvinced that seat belts can mean the difference between life and death in an auto accident, take a moment to consider the following information.

Seatbelts, like child safety seats, can make a life-and-death difference if you or your loved ones are involved in an automobile accident.

The Excuses

1) "I can't move with those belts on—they're so uncomfortable!"
2) "It's better to be thrown out of the car than be trapped in by a seatbelt."
3) "I only drive around town; how can I get hurt going 25 miles per hour?"
4) "I'm a good driver. I've never had an accident."

The Answers

1) The fact is, newer seatbelt design allows for total freedom of motion while driving. The latching device that secures the belt only goes into effect when the car jolts abruptly, as in an accident.
2) People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats. Further, in the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting "knocked out" and greatly improve your chances of escape.
3) The majority of all car accidents occur within 25 miles of home—and 80% of all serious injuries and fatalities occur in cars going 40 miles per hour or slower.
4) You may be a good driver, but there are situations beyond your control such as weather and road conditions (not to mention other drivers) that can affect your safety. Drive preventively and use your seatbelt.

Why use a seatbelt? *You* may be a good driver, but weather and road conditions, and other less competent drivers can affect your safety.

Safe and Secure

When all is said and done, it pays to remember that seatbelts were designed with your safety and security in mind. Seatbelts, like safety seats for children, can make a life-and-death difference if you or your loved ones are involved in an automobile accident. Use your seatbelt. The life you save may be your own.

BELTS, BOOSTERS, AND KIDS

Time is drawing near to long weekends and summer vacations, lots of holiday plans, and a lot of time riding to and from in vehicles. It's also time to go over seatbelt rules with your kids to ensure they understand the importance of wearing their belts correctly.

All children need to be protected when they are riding in a vehicle. There are different restraining systems for different stages of a child's growth needs. So, which one is right for your child? When should your child move out of a convertible or toddler seat? As long as the toddler seat or convertible seat fits, it accommodates the child's needs. The seat becomes outgrown when the upper weight limit is reached, the child's shoulders are too broad, or his or her ears are above the back of the restraint. This usually happens when the child is close to 40 pounds. A restraint with shoulder straps and a shell is usually provides more protection than a booster seat or a safety belt, so the child benefits from staying in it until that time.

Safety belts are designed to fit adults. Children under 7 to 9 years of age, depending on size, will usually benefit from a booster seat to improve safety belt fit. Belt fit varies from one child to another and from one vehicle to another.

"Seat belt syndrome," which involves serious spinal and internal injuries, is usually related to poor lap belt fit. Stop and take a look at how the lap belt lies across your child's body and how your child sits in the vehicle. The shoulder fit is also important. The lap strap should lie across the lower portion of the torso, across the top of the thighs, and not around the waist or belly. Your child should be able to fit comfortably with his or her buttocks against the seat back during the entire ride.

Children usually do not fit the vehicle seat well, which leads to slouching and poor lap belt fit. One reason they slouch is because their legs are short. When they sit on the bench seat, their knees cannot bend naturally. In addition, in many vehicles, the child's feet hit the seatback and are forced downward, accentuating the slouch.

Other causes of poor belt fit are the location of the belt anchor points and, in some cases, stiffeners on the buckles. When the lap belt comes from behind the seat, it tends to wrap around the belly rather than up and over the top of the thighs. If the buckle is stiff, the belt may not stay down on the child's thighs. Some even leave space between the child and the lap belt when fastened. All of these are reasons why a child may need a booster seat.

The shoulder belt should cross the shoulder, not the throat or face. The short stature of a child contributes to poor shoulder belt fit. Proper positioning of the shoulder belt is important. Injuries can happen if the shoulder belt is left too high. Some vehicles have built-in guides or height adjusters to make the shoulder belt fit better. Add-on devices to reposition the shoulder belt may help but are not controlled by any federal standard. The April 1994 issue of Consumer Reports reported that two add-on devices, SafeFit and Child Safety, worked as they should in tests with a 6-year old dummy. However, none of the shoulder belt repositioning devices make the lap belt fit better.

A belt positioning booster seat raises the child up so that the shoulder belt fits better, while improving lap belt fit.
The type of booster seat to choose depends on the safety systems in the vehicles in which your child will ride. These are the types and features of available boosters:

*Shield booster is intended for use with a lap belt. It becomes less effective as children get taller.

*Booster with no shield (also called a "belt positioning booster or BPB) is designed for a lap and shoulder belt used together. The BPB provides better protection than the shield booster because the shoulder belt reduces the distance that the child's head can move in a crash and limits what it could hit.

*BPB with a high back is beneficial if your vehicle has low vehicle seatbacks.

*Booster with a removable shield can be used with either type of belt system. This is often convenient, especially if the shield is easily taken off and replaced.

Wearing seatbelts is important for everybody. Children learn good and bad habits from watching what adults around them do. In addition to setting a good example by wearing your seatbelt, you aid in their caregivers survival if a crash occurs. Furthermore, unrestrained passengers can cause injury to those who are riding buckled up.

Wearing a seat belt correctly means pulling the lap belt snug and pushing it down to the top of your legs. If it rides up on your abdomen, you could be at risk for "seat belt syndrome" injuries. It means keeping the shoulder belt snug across your chest. If the shoulder belt cuts into your neck, NEVER put it under your arm. This could cause fatal injuries to your internal organs. So, remember your basic seatbelt rules as you embark on your journey. Seatbelts save lives. Always buckle up yourself and your family and enjoy your summer travels.

Susie Ashby
Installation Safety Division

Maryland's Child Passenger Law

Infants and Small Children

- All infants and small children who are under age four **or** who weigh forty pounds or less must be correctly buckled in a child safety seat.

This means that children must be both older than four and weigh more than forty pounds before they may stop riding in a safety seat.

Older Children

- All children under age ten who weigh more than forty pounds must be buckled in a child safety seat or safety belt.

A car booster seat is a good option for children between forty and sixty pounds who do not fit in a safety belt.

Remember...

It is up to the driver to make sure that each child is properly buckled.

Not obeying the child passenger law is a primary offense. You can be pulled over and ticketed when children are not correctly buckled.

The law requires that safety seats be used properly. You may buckle only one child in each safety belt.

All passenger cars (class A), multipurpose vehicles (class M), and light duty trucks (class E) are covered by the law.

If You Can't Afford a Safety Seat,
call **KISS** at **1-800-370-SEAT** or **225-1376** (Baltimore)

Other Seat Belt Laws in Maryland

- Drivers must wear safety belts, and ensure that front seat passengers under 16 years old wear safety belts or are secured in safety seats.
- Front seat passengers age 16 or older must wear safety belts.

Kids In Safety Seats: Maryland Department of Health & Mental Hygiene, Office of Health Promotion, Education and Tobacco Use Prevention
201 West Preston Street, Baltimore, Maryland 21201 Call (800)370-SEAT or (410) 225-1376
Parris N. Glendening, Governor Martin P. Wasserman, MD, JD, Secretary
Funded by the Maryland State Highway Administration

Is Your Child's Car Seat Secure in the Car?

Keeping Seat Belts Tight: How to Do it Right

MAKE EVERY RIDE
A SAFE RIDE
American Academy of Pediatrics

There are a number of different kinds of seat belts in cars today. Here are hints on using common types to hold your child's car seat securely.

Why must the seat belt be tight?

- Because seat belts stretch on impact, the tighter the belt, the better protection the car seat can give your child in a crash.
- The tighter the belt, the better the car seat is held in place during normal turns and swerves.
- Use a seat belt that doesn't stay tight to hold a car seat only if you have no alternative.

Do your belts stay tight? Test them:

1. Attach your car seat with the seat belt in the correct place.
2. Pull on the lap part of the belt. Does it lengthen easily?
3. Push on the top of the car seat. Does it rock and wobble?
4. If you answer "yes" to either 2 or 3, the belt will not stay tight during normal driving, although it will lock in a crash.

•When you find a belt that doesn't stay tight, try other positions in the car to find one that does. One car will probably have several kinds of belts.

What to do when belts don't stay tight:

For Lap/Shoulder Belts with Sliding Latchplates, Use a Locking Clip :

- This very common type of lap/shoulder seat belt, is found in the front seats of most foreign cars and some American cars, as well as in the back seats of many new models. It has a latchplate through which the belt slides freely (see A), even when the belt is buckled.

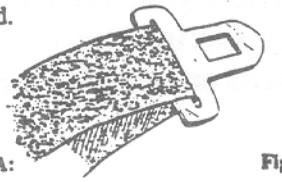


Figure A: Locking Latchplate

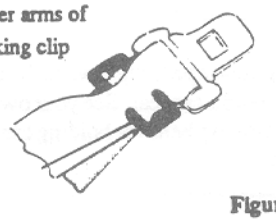
Figure B: Locking Clip

This type of belt pulls in and out of an emergency locking retractor that locks tight only during a crash or sudden stop. If you plan to use your child's car seat with this type of belt, you'll need a metal locking clip (see B).

How do I use a locking clip?

1. Buckle the seat belt around or through the car seat as shown in the car seat instructions.
2. Pull the lap part of the seat belt as tight as possible by pulling on the shoulder part of the belt. (See side 2, "How tight is tight enough?")
3. With the belt tight, hold the two parts of the belt together just behind the latchplate with one hand. Unbuckle the belt, still holding the two parts together, so the latchplate doesn't slide.
4. Place the locking clip under the belt right next to the latchplate and tuck the edges of both lap and shoulder belts under the arms of the locking clip (see C). The locking clip holds the two parts of the belt together so they cannot slide through the latchplate.

Figure C: Tucking belt under arms of locking clip



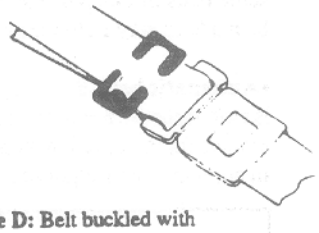


Figure D: Belt buckled with locking clip in place

5. Rebuckle the belt. It will look like this (see D). Tug on the lap and shoulder parts of the belt to make sure they don't slide through. Push and pull on the top of the car seat to make sure it is held firmly by the belt. If not, start again from step 2, pulling the lap part of the belt tighter.

Note: Remove the locking clip when the seat belt is used by other people. The clip is only needed for car seats.

Where do I get a locking clip? Almost all new car seats are sold with one in the box. If you don't have one, order one from the manufacturer of your child's seat. All can supply clips. Other sources are some retailers and Toyota dealerships.

Turn over for tips on other types of belts, and how to keep them tight..

Keeping Belts Tight, continued:

Belts that <u>don't</u> stay tight:

There is no way to keep some types of belts (listed below) tight around a car seat during normal driving,although they all lock in a crash. Only use them if you have no alternative.

• **Lap/shoulder belts made up of two separate pieces,** both stitched to the latchplate (see E) may not stay tight. Many belts

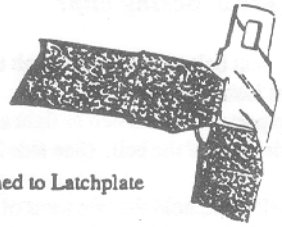


Figure E:
Belts Stitched to Latchplate

of this typehave an emergency locking retractor (ELR) on the lap-portion, that only locks in a crash. Some have a **combination retractor** on the lap portion, however, that can be made to stay tight. Check your owner's manual for instructions.

• **Lap belts that can be pulled in and out during normal driving,** when buckled, have ELR retractors (see above). Again, some belts of this type have a **combination retractor** that can be made to stay tight (see owner's manual).

• **Automatic belts** that wrap around a passenger when the door is closed should not be used to hold a car seat. See your owner's manual for information on add-on lap belts for holding car seats in automatic belt-equipped cars.

How tight is tight enough?

• The car seat should stay in place when you push it hard from side to side.

• To get the seat belt really tight, press the car seat into the soft automobile cushion by pushing down using your knee, with your full weight on the car seat, while taking up the slack in the belt, (see F).

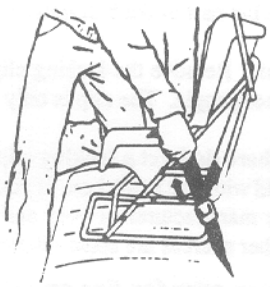


Figure F: Pushing on seat to tighten belt.

Illustration courtesy of Evenflo Juvenile Furniture Co.

Belts that <u>do</u> stay tight:

• **Lap/shoulder belts with locking latchplates** (see G) are found on many U.S.-made cars. To make this type tight, buckle the belt, then pull on the shoulder portion to take up all the slack in the lap portion of the belt. Test by pulling on the lap portion, to make sure it doesn't lengthen.

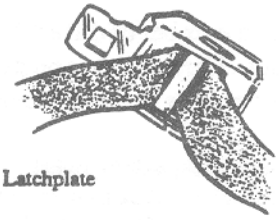


Figure G:
Rear View of Locking Latchplate

• **Lap and lap/shoulder belts with "automatic locking retractors"** are usually found on somewhat older cars. This type must be pulled all the way out and held while being placed around the car seat and latched. The retractor pulls in the slack and locks the webbing in place. To make this type as tight as possible, buckle the belt, then push the lap portion down into the retractor as far as possible. Tug on it to make sure it has locked.

• **Manually-adjustable lap belts** are found in the rear seats of older cars and the center rear seat position of many newer models. To tighten this type of belt, simply pull on the loose end of the belt.

NOTE: If the belt buckle rests at the point where the belt turns around the frame of the car seat, the belt may work its way out through the buckle. Test by pushing and pulling on the car seat. Does the belt loosen? If this happens, pull the belt tight by hand. Then unbuckle it, turn the adjustable end of the belt upside down and buckle it again. Another way to solve this problem is to shorten the short end of the belt by twisting it several times before buckling it.

• Always be sure to follow your car seat instructions and check your vehicle owner's manual for any special directions about using the seat belts or installing a car seat.

This is an insert to Safe Ride News, a publication of the American Academy of Pediatrics. It may be reproduced with credit.

Pointers for Parents

A Safe Ride With Your New Baby

For months, you have been very careful to keep your unborn child safe. Now it's almost time for your new baby's first ride home in a car. With a little planning and information, that first ride and every ride afterward can be safe and comfortable for both of you.

1 Taking Your Baby Home

You must have a car safety seat for the ride home from the hospital. You may use either an infant-only seat or a larger "convertible" car seat in the infant position. Buckle the safety seat and the baby on the back seat of your car, beside you. (Later, if you must drive alone, put the car seat and the baby beside you on the front seat.)

Infant car seat (Rear-facing)

Convertible car seat (Infant position: rear-facing)

Never Carry Your Baby in Your Arms!

2 Putting Your Baby Into the Car Seat

Pull the harness straps over the baby's head.

Make sure the harness is snug (only one finger of space).

Never let your baby ride with a loose harness or with straps off the shoulders. If you can put three fingers or more under the harness, it's too loose.

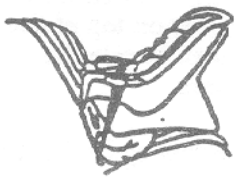
3 Putting the Seat Into Your Car

Always face the seat and the baby toward the rear. Never face the seat forward.

Always use a seat belt to anchor the car seat snugly. If the seat belt won't hold the seat tight, put the car seat in another seating position. The belt must stay tight.

Some vehicle seats slope sharply. When the belt is pulled tight, a baby may be too upright and be unhappy. The baby's breathing could be impaired, also.

Use a rolled towel under the car seat to make it level and to keep your baby at a safe and comfortable angle.



4 Making Your Baby Comfortable

Extra Support

A new baby needs extra support beside the head and body to stay in a comfortable position in a car seat. You can use two rolled diapers or small blankets.

You can also buy a "safety collar" with holes for the harness straps. This gives safe support beside the baby and thin padding under the baby. Another benefit of a safety collar is to keep a baby comfortable on a vinyl car seat in hot weather.

Do not use a "newborn car seat cushion" or thick padding under your baby. The harness straps will not fit snugly and the baby will not be secure.

Cold Weather

Do NOT wrap your baby in a blanket before buckling the harness. The baby will not be comfortable or safe. The harness will not fit snugly.

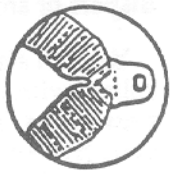
Instead, put a thin blanket under the baby. Cut holes for the harness straps. Thread the harness through the blanket holes. Put the baby on top of the blanket. Buckle the harness.

Fold the blanket over the baby. Add another blanket on top if needed in very cold weather.

5 Handling Car Seat Problems

An infant's car safety seat must be held very tightly in place by a seat belt. Most seat belts in cars are meant to protect and be comfortable for adults, not to anchor child car seats. So some seat belt systems won't work with car seats.

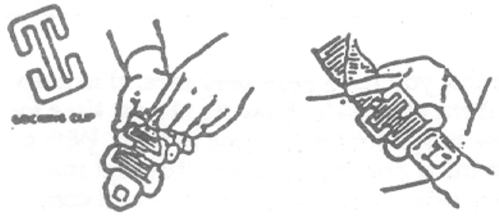
Lap-Shoulder Belt With Sewn Latch Plate



This lap-shoulder belt stays loose in normal driving. In a sudden stop or crash, it will lock, but the car seat may move much farther forward than is safe. Use another seating position in your car.[1]

Lap-Shoulder Belt With Nonlocking Latch Plate

This belt also stays loose in normal driving. With a special locking clip, however, it can be used with a car seat.



Most child car seats are now sold with locking clips. Put the clip on the belt just behind the latch plate. The belt will stay tight.

Back-Seat Lap Belt With Emergency Locking Retractor

This belt stays loose in normal driving and will not hold the seat tightly. There is no way to make it stay tight. Put your child's car seat where there is a belt to hold it tight.

Automatic Seat Belts

Many new cars have "automatic" seat belts in the front seats. These belts move into position around you when you get into the car. Automatic belts will not work with child car seats. Ask your auto dealer for a manual seat belt to install on the front passenger seat. If you do not have a manual seat belt, buckle the baby only into the back seat.

Air Bags

Cars with air bags for the front seat have lap belts for adults. If the lap belt for the passenger seat will hold the car seat tightly, you can use a forward facing safety seat but NOT a rearward facing infant safety seat.

6 Handling a Baby's Special Needs

If your baby has a problem and must stay in a flat position, your doctor may tell you to use a special, government-approved "car bed" for a while. This will give the baby just as much protection as a regular car seat.

Consultation on text and illustrations provided by Shinn & Associates, Inc.

Car Seats for Growing Children

Guidelines for Counselling Parents on Which Type of Car Seat to Use

Car seats provide protection from the types of injury with the worst consequences: head and spinal cord injuries. Such injuries can be life-threatening and are likely to cause permanent disabilities. Protection of the head and spine from the effects of a frontal (head-on) crash is most important, as this is the most common cause of fatalities and usually the most severe type of impact.

Keep these goals in mind when talking with parents:

- Protect the head.
- Protect the spinal cord.
- Prevent forward motion of the child in a head-on crash.

Critical decision points for the parent are:

- When to change the orientation of the car seat from rear- to forward-facing.
- How long to keep the child in a forward-facing car seat.
- What to use once the child has outgrown a forward-facing seat.

The wide range of shapes, sizes and weights of children at any particular age make generalizations difficult. Some children within the weight limits listed on products may not, in reality, fit in them very well, especially when wearing bulky clothing.

Infant should face the rear from birth to 20 pounds and as close to one year of age as possible:

A rear-facing car seat provides the very best protection for the disproportionally heavy head and the weak neck of a young child. This position minimizes the stress on the neck by spreading the forces of a frontal crash over the entire back, neck and head; the spine is supported by the back of the car seat. If the seat were faced forward, the head would whip forward due to the force of the crash, creating enormous stress on the neck. (In fact, all passengers would be better protected by riding facing the rear.)

Since facing a small infant forward is a commonly observed form of misuse, the value of the rearfacing position should be emphasized to parents. Neck injuries have been documented in children under 20 pounds facing forward. Therefore, babies should ride facing the rear until they weigh 20 pounds, even though the upper weight and height limits on some infant-only car seats are 17 pounds and 26-28 inches. When they outgrow their infant-only seats, they should be switched to a convertible seat, also used facing the rear, until they reach the 20-pound turn-around time, closer to one year of age.

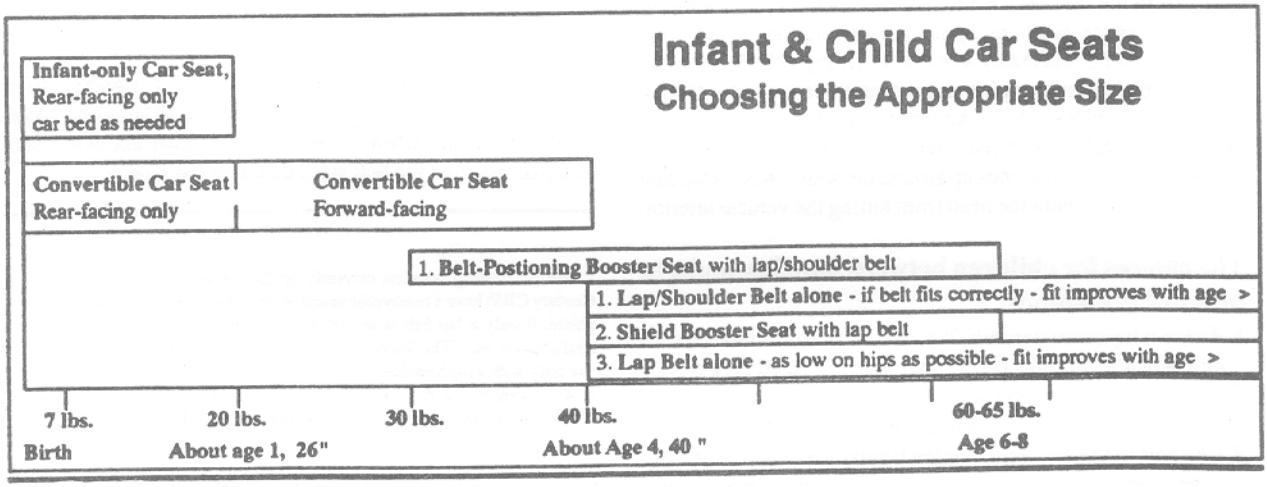
What about car beds? Two are on the market (Cosco Dream Ride, Swinger) and others may appear shortly. At this time, the well-documented protection afforded by the semi-reclined, rear-facing car seat generally makes this position preferable to the flat position of a car bed for an infant. With some medical conditions, however, it is clear that the baby should lie prone or supine.

Note:

- To better protect babies who reach 20 pounds unusually early, some safety experts now suggest keeping the child in a rear-facing convertible seat for at least a few more months to allow time for further neck development. In such a case, parents must brace the rear-facing convertible seat against the dashboard (by moving the passenger seat forward) or against the back of the front seat (if used in the rear seat).
- Children over age one who have not yet reached 20 pounds, should remain facing the rear, if their legs are not too cramped and they are comfortable riding semi-reclined.

Use a forward-facing convertible car seat or vest from 20 pounds up to 40-43 pounds and as close to 4 years as possible.

For the child between 20 and 40-43 pounds, and to about age four, the forward-facing convertible car seat or vest (E-Z-On Vest, Little Cargo) provides the best protection. A few seats have upper limits between 40 and 43 lbs. Parents should be encouraged to continue convertible seat use for as long as the child fits



in the seat. Those with generously proportioned babies should be urged to purchase convertibles with higher upper limits.

Correct installation and use greatly affect the degree of protection for the head and spine.

- The correct position of the vehicle seat belt and its degree of tightness affects how far forward the convertible car seat will tilt and the child's head will travel (and whether it could strike the interior of the car) during a frontal crash. A tight belt is crucial to the effectiveness of a vest, as well.
- The use of a tight tether strap (required on many pre '86 models and on one harness) reduces head motion considerably. For one vest, a tether strap is essential. An optional tether strap, available for a few newer model car seats, is also beneficial.
- The snugness of the harness straps also affects how far the head moves and whether it hits the interior of the car.
- The upright position of the car seat and the shortness of the crotch strap (if adjustable) protects the spine by preventing the child from sliding down and forward during a crash.

Since the benefits of convertible seats are superior to seat belts and shield booster seats, the child should remain in the convertible car seat to the upper weight and height limits on the seat (40-43 pounds and 40 inches), if possible. Shield booster seats, while often labeled as suitable for children as light as 20-to-30 pounds, are not recommended until the convertible seat is completely outgrown.

For children who reach 40 pounds long before four years of age, or who get too tall or broad for their convertible seats below that weight, one solution is a belt-positioning booster (made specifically for use with lap/shoulder belt).* It works well for children over about **30 pounds**, because it provides upper body restraint to protect the spine and head. (Small shield boosters should **not** be used under 40 pounds.) The Ford Tot-Guard (large shield, for 30-50 pound child) or larger-size E-Z-On Vest can also fill this gap.

Over 40 pounds, the choice depends on the type of seat belt available and how it fits.

When the child no longer fits into a convertible car seat, there are four choices, depending on the type of seat belts that are available in the rear seat, where the child should preferably sit. Protection of the head and spinal cord require an upper-body restraint system, preferably a correctly-fitting vehicle shoulder belt. Protection for the spine also requires correct fit for the lap portion of the vehicle belt. An incorrectly fitted lap belt, used alone for a child, has been found to cause both spinal and abdominal injuries, if it rides up around the waist. Also, a lap belt alone may not prevent the head from hitting the vehicle interior.

The choices for children between 40-65 pounds, in order of preference:

1. ***Either*** **a lap/shoulder belt (if proper fit can be maintained) *or* a belt-positioning booster seat (one intended to correctly position a lap/shoulder belt).***
2. **Shield booster seat - if only a lap belt is available.**
3. **Lap belt in the rear seat - fasten tightly and low on the hips.**

Many states require child restraint use up to or through age 4 or 5, rather than to 40 pounds. Use of a belt-positioning or shield booster - rather than a seat belt - would be necessary for compliance for the under-age child over 40 pounds.

The value of *rear-seat shoulder belts* should be made clear to parents. Retrofit kits are available for many cars made since 1978. If parents intend to keep their current vehicle for some time, they should be urged to upgrade their rear belt systems.

When a child's ears reach above the top of the auto seatback, the risk of whiplash from rear-end crashes increases. Rear vehicle seats in most cars and vans have no head restraints; some have very low backs. To provide better protection from whiplash, the parents may prefer to have their child stop using a booster seat and use the lap/shoulder belt instead, if the belt fits correctly. However, if the alternative is an ill-fitting lap belt, safety experts recommend that the child continue using the booster seat, until proper lap belt fit can be achieved.

Achieving Correct Belt Fit:

A correctly positioned shoulder belt lies across the shoulder and may touch the base of the neck. A correctly fitted lap belt, or lap portion of a lap/shoulder belt, must be tight and low, placed where the legs meet the torso. The child must sit with buttocks against the back of the seat. Various factors, belt and seat cushion design, the lack of well-developed hip bones in children and the tendency of children to slouch all may contribute to making this fit difficult or impossible to achieve. As the child grows, belts will fit better, of course.

If the shoulder belt crosses the child's throat, lower the shoulder belt height adjuster, if the vehicle has this feature. Otherwise, move the child closer to the center of the vehicle. Moving an adjustable vehicle seat forward or backward may also change the position of the belt. However, do not recline the vehicle seatback to reposition the shoulder belt, as the belt should lie against the body, with no gap. Never place the belt under the outboard arm, as this can lead to internal injuries.

For correct lap belt fit, be sure the child sits with buttocks against the vehicle seatback. Fasten the belt very snugly and as low as possible. Watch to make sure the child does not slump or wriggle, displacing the belt up toward the waist.

In an Emergency...

While not the best choice for a small child, a lap belt should always be used by any child old enough to sit up *if the recommended restraint system is not available*. Care should be taken to make sure that the belt stays down on the hips.

* Belt positioning boosters currently on the market (Gerry Double Guard, Century CR3) have a removable shield, so that they can be used either with the shield, if only a lap belt is available, or without it, if a lap/shoulder belt is available for use. The Volvo Child Cushion (for children over 50 lbs.) is for use only with a lap/shoulder belt. Early models (Century Safe-T-Rider (I,II), Cosco Travel Hi-Lo, Kolcraft Tot-Rider, Strolee Wee Care Booster) came with a tethered harness for use if only a lap belt is available.

Used Safety Seats

Is buying a used safety seat worth the money you will save?

Whether you are buying a seat from a consignment shop or yard sale, renting a seat from a rental company, or borrowing a seat from a relative, here are some important facts:

- ✓ Some safety seat manufacturers will not honor the warranty on the seat if you buy it second hand. You may be stuck with maintenance or defects on your own.
- ✓ Older seats are usually heavy, bulky, and inconvenient compared to newer seats. They can be harder to use than newer seats, especially ones that require a top tether strap.
- ✓ After a seat is in a crash, it is not safe to use again. If the person selling the seat was not the only person who used it, you can't rely on them to tell you the seat's entire history. Unless the person selling the seat was the only user, or has a signed statement from the only user, do not use the seat. If you are not 100% sure the seat was never in a crash, do not use it, even if it looks O.K.
- ✓ Don't rely on the person selling the seat to tell you how to use it. Up to 90% of people do not use their safety seats correctly. Read and understand the manufacturer's instructions, or call Kids in Safety Seats (800-370-SEAT) to find out how to use it.
- ✓ Make sure the seat has labels stating the brand name, model number, date of manufacture, and that it meets all federal motor vehicle safety standards. If you don't see all this information on the seat, do not use it.
- ✓ If you still want that used seat - wait! First call the Auto Safety Hotline (1-800-424-9393) and tell them the brand name, model number, date of manufacture. They will tell you if there are any recalls on the seat. If there are, you must have the problem fixed before you use the seat. Is it worth the effort?

If it seems like too much trouble to use a second hand seat, but you don't want to pay a lot for a new one, you have these options:

1) rent a seat from a Maryland KISS **loaner program**. Call 1-800-370-SEAT to find out if there is a program near you.
2) buy a seat from a **MIDAS** shop for $42. When you no longer need the seat, bring it back for a $42 credit for car service.
3) buy an inexpensive new seat at a **retail store**. Look for sales. A lower priced new seat is just as safe as a costly one, if you use it correctly.

Is Your Seat Safe? Use this checklist to find out.

Used Safety Seat Checklist

1. Does the seat have a label showing it was made in 1985 or later?
   ___YES: continue
   ___ NO: Don't use the seat!

2. Does the seat have a label showing it meets all Federal Motor Vehicle Safety Standards?
   ___YES: continue
   ___ NO: Don't use the seat!

3. Has the seat been recalled for a safety defect? (To find out, call the Auto Safety Hotline* and give them the seat's model number and date of manufacture of the seat.)
   ___YES: continue
   ___ NO: Have the defects been repaired?
   ___YES: continue
   ___NO: Don't use the seat!

4. Has the seat been involved in a car crash?
   ___YES: Don't use the Seat!
   ___ NO: continue

5. Are there any cracks, bends, or breaks in the plastic shell or metal frame?
   ___YES: Don't use the Seat!
   ___ NO: continue

6. Do you have a copy of the manufacturer's instructions?
   ___YES: continue
   ___ NO: -Call the Auto Safety Hotline* for telephone number of manufacturer to request instructions.

7. Does the seat have all its parts: harness straps, retainer clips, padding shield, tether straps, and bolts?
   ___YES: continue
   ___ NO: Don't use the seat! - or get replacement from the manufacturer.

8. Are the harness straps worn or frayed?
   ___YES: Don't use the seat! -or get replacement
   ___ NO: continue from the manufacturer.

9. Does the buckle area show signs of rust?
   ___YES: Don't use the seat! -or get replacement
   ___ NO: continue from the manufacturer.

10. Does the buckle stay latched and does it unbuckle smoothly?
    ___YES: Use the seat!
    ___ NO: Don't use the seat! -or get replacement from manufacturer

* Auto Safety Hotline: toll-free 1-800-424-9393; in the D.C. area call (202)366-0123

Maryland Kids in Safety Seats, Department of Health & Mental Hygiene
201 West Preston Street, Baltimore, MD 21201 410-225-1376 or 1-800-370-SEAT
Parris N. Glendening, Governor Martin P. Wasserman, MD, JD, Secretary
Funded by the Maryland State Highway Administration

One-Minute Safety Checkup

Using a car seat correctly makes a **big** difference. Even the "safest" seat may not protect your child in a crash, so take a minute to **check to be sure...**

☐ **Do you have the instructions?**
Follow them and keep them with your seat for use as your child grows older.

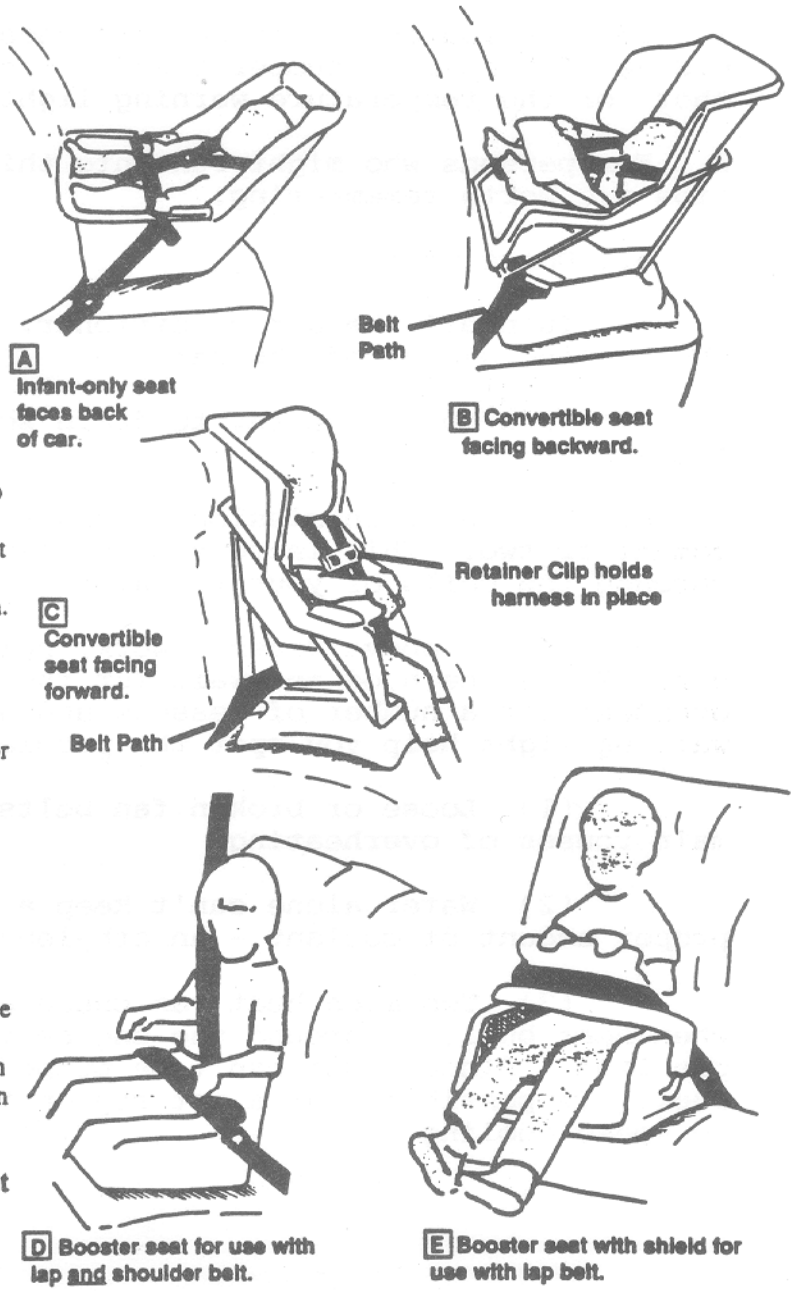
☐ **Is your child facing the right way, for both weight and age?**
- If you use a seat made only for infants (A), **always** face it backward.
- A baby should ride facing the back of the car up to 20 pounds, and as close as possible to age one (B).
- A child over 20 pounds faces forward (C).

☐ **Is the auto safety belt in the right place, and pulled tight?**
- The belt must go in the correct, marked path to hold the seat in place.
- A convertible seat faces backward for an infant and forward for a toddler (B and C). It has two different belt paths, one for each direction.

☐ **Is the harness snug; does it stay on her shoulders?**
- Shoulder straps go in the lowest slots for babies riding backward, and in the top slots for children facing forward.
- The retainer clip at armpit level (C), holds harness straps on the shoulders.

☐ **Does your child use a booster seat, if he is close to 40 pounds and has outgrown his convertible seat?**
- A booster seat helps the safety belt protect your child until she grows big enough to fit the belt alone.
- A booster seat with no shield is used only with a lap and shoulder belt (D). Use a booster with a shield (E) if your car has only lap belts.

☐ **Have you fixed your child's car seat, if it has been recalled?**
Call the Auto Safety Hotline (number below) for a list of recalled seats that need repair.



A Infant-only seat faces back of car.

B Convertible seat facing backward.

C Convertible seat facing forward.

D Booster seat for use with lap and shoulder belt.

E Booster seat with shield for use with lap belt.

Questions? Ask your pediatrician, local safety group, or the Auto Safety Hotline, 800-424-9393.

MAKE EVERY RIDE A SAFE RIDE

Brought to you by:
American Academy of Pediatrics, PO Box 927, Elk Grove Village, IL 60009. Supported with a grant from the National Highway Traffic Safety Administration. This flyer may be reproduced in its entirety.

And by: **Project KISS**
Health Education Center
Maryland Department of Health & Mental Hygiene
201 W. Preston Street
Baltimore, MD 21201
or call: (410) 225-1376

5 MINUTE SUMMER SAFETY TALK
SUMMER WEATHER CAR CARE

1. Imagine yourself driving home under a searing sun in the middle of bumper-to-bumper traffic when the heat gauge climbs to "hot" or the temperature warning light flashes red.

2. For persons who might run into this problem, the following tips are worth remembering:

a. Don't panic.

b. Turn off the air conditioner; this will take a load off the cooling system of the car.

c. Turn on the heater to drain some of the heat away from the engine.

d. Put the transmission in neutral and race the engine for a moment or two. This increases the fan speed and moves more air through the coils of your radiator.

e. If the above doesn't work, pull off the road and stop the car. Raise the hood and wait for the engine to cool. Engines overheat for a number of reasons and a quick check while you're waiting might help you spot the problem:

(1) Loose or broken fan belts and leaky hoses are the main rouses of overheating.

(2) Water alone can't keep a car cool; cars need the proper amount of coolant - an ethylene glycol mixture.

(3) Too much heat ran cause a vapor lock. This develops when heat build-up around the engine vaporizes gasoline in the gas line. Since vapor can't be pumped, the carburetor gets no fuel. If possible, put a wet rag on the fuel pump and fuel line to speed cooling.

5 MINUTE SUMMER SAFETY TALK
MOTORCYCLE SAFETY

A. **To operate on Army installations, operators of privately - or government-owned motorcycles and mopeds must:**

1. Be currently licensed by civil authorities.

2. Each operator of a motorcycle or moped will be required to satisfactorily complete an Army-approved motorcycle safety course. Course will consist of classroom instruction, hands-on training, and the successful completion of hands-on and written evaluation.

3. Use of headphones or earphones while driving a motorcycle or moped on Army installation roads and streets is prohibited.

B. Appendix B, AR 385-55, 12 Mar 87, "Prevention of Motor Vehicle Accidents," requires the following while operating a motorcycle or moped:

1. Wearing of protective equipment (drivers and passengers).

a. Approved helmet.

b. Eye protection (shatter-resistant glasses, goggles, or faceshield).

c. Leather boots or over-the-ankle shoes.

d. Long-sleeved shirt or jacket.

e. Long-legged pants.

f. Full-fingered gloves.

g. High-visibility garments.

2. Headlight will be on.

3. Rearview mirrors will be mounted on each side of the handlebar.

C. **Safety Points to Remember.**

1. On a motorcycle, you are harder to see. Assume other traffic can't see you.

2. Most collisions occur at intersections. Use extra caution.

3. Road conditions affect your brakes. Check item.

4. Signal your intentions well in advance.

5. Think about what could happen and know what to do in case of an emergency.

6. Wear brightly colored clothing to increase your visibility.

7. Stay out of other vehicles' blindspots.

8. Don't drink and ride.

9. It's your life; protect it.

FIVE MINUTE SUMMER SAFETY TALK
RECREATIONAL SAFETY

A. **Three Key Factors in Recreational Safety.**

1. Know your limits - pushing your body beyond its capacity is an invitation to injury.

2. Understand the hazard - every activity, from golf to mountain climbing, has some potential for injury,

3. Prepare beforehand - getting in shape, using the right equipment, and knowing safety rules are important for all recreational activities.

B. **Common Hazards of Recreational Activities.**

1. Too much, too soon - after long periods of inactivity, our body is not ready for strenuous exertion. Out-of-shape people who jump too quickly into recreational activities are courting disaster.

2. Weekend workouts - physical activity once a week does not get you in shape. The Sunday softball game or a weekend of tennis without proper conditioning can put you out of works

3. Overdoing it - long stretches of exertion without enough breaks make you mare prone to problems such as muscle soreness, aches, and blisters. Some problems might not show up until later.

4. Blows - colliding with a wall or being hit by a ball, racket, etc., especially if the blow is to your head or eyes can be serious. Indoor games such as racquetball are especially risky if you're not careful - always wear required protective gear.

5. Slips and trips - slippery surfaces, quick turns, or improper footwear can cause falls.

6. Shin splints - running on hard surfaces can cause shin muscles to become inflamed, making running and walking painful. '

7. Sprains and strains - stiff, weak, unused muscles are most likely to be strained or gulled. Ankles and wrists are especially vulnerable.

SPORTS AND RECREATION BRIEFING

1. General Sports and Recreation Safety Briefing.

All sports contain an element of danger because sports activity involves a great deal of personal exertion, quick decisions followed by fast action, and often some physical contact. Although some mishaps may be unavoidable, most sports injuries can be prevented. They can be prevented if you follow a few simple rules.

Check the playing field for hazards, particularly when areas not laid out for the sport are used - often the case in "pickup" ball games.

Never play body-contact games, such as football, unless every participant has the proper equipment.

Wear the proper footwear for the sport. Street shoes with leather soles are hazardous for running on grassy, concrete, or asphalt surfaces. Stay out of "pickup" games of baseball, basketball, or touch football unless you are wearing rubber-soled footwear.

Don't "show-off" or try to perform beyond your ability or training. Base sliding, for example, requires training and practice and should not be attempted by the weekend athlete.

Before playing vigorous sports, take a few minutes to exercise your muscles and joints. This might help you avoid pulled muscles, sprained ankles or injured knees.

Know your limit. Don't push yourself in competitive sports unless you are in proper physical shape. Avoid overexertion. An overtired person is more susceptible to accident and injury.

Play it smart - don't take chances.

2. **Volleyball.**

Normally, volleyball is not considered a contact sport. However, it occasionally does become a contact game and a source of sprains enough to result in disabling injuries. These injuries are primarily the result of body contact between players jumping for the ball at the net. This contact throws the players off balance, resulting in uncontrolled falls. Game rules for volleyball cite a court 30 by 60 feet, a net stretched between two posts so the top of the net is exactly 8 feet high, and only six players on a team.

Over crowding often occurs in volleyball. A team of 9 to 12 players on a court designed for a team of 6 results in greatly increased body contact through collision. When such a collision occurs between two players jumping for the ball, there is danger of serious injury.

The recreational/non-regulation volleyball court is often much smaller than standard. The surface of the court is often uneven terrain with hazards close to the boundary lines. The net is varied in height, increasing the number of "spiked" balls. These courts, and the large number of players set the stage for increased body contact, uncontrolled falls, and injuries. Considering the number of people who play volleyball, it is critical that the official rules of the game be followed.

3. **Baseball and Softball.**

Baseball and softball have similar personnel injury hazards that are avoidable. Some of these are:

a. Bases.

The use of boards, rocks, stones, etc., for bases is a common hazard. Bag-type bases, securely tied own, are a requirement for safety of base runners and basemen. Homeplate should be a standard rubber plate, set in the ground at ground level.

b. Baselines.

Stones and other obstructions which could cause a base runner to fall or twist an ankle should be removed and kept off the field. Foreign objects on the diamond and behind the first and third baseline must also be removed prior to play.

USASC SAFETY FACT SHEET

FAMILY ACCIDENT PREVENTION PROGRAM

Camping Safety

by:USASC

You want to go camping, and that's terrific. You also know that thorough preparation is the most important ingredient in a successful campout. Every minute you spend planning a trip and organizing your gear will mean less work once you've reached your campsite; thus more time to enjoy yourself while you're there.

When camping, three basic needs must be addressed. They are shelter, food, and water. Those necessities are often taken for granted in civilization, but providing them can take a lot of effort in the outdoors.

Shelter is anything that protects you from the elements. That includes weather, animals, and vegetation. Food and water are obvious, but don't rely on mother nature to provide them.

SHELTER

Layer clothing

- Cold weather: layer clothes from inside to out. This procedure traps multiple layers of warm air against the body. Also, layering allows you to take off some clothing as conditions warm.
- Inner layer: insulated underwear is the first layer. Cotton, wool, and synthetic fibers are all available in underwear, as well as blends thereof.
- Cotton: is light and comfortable. It breathes, which keeps the wearer cool.
- Wool: is rugged, natural, and maintains most of its insulating qualities when wet.
- Synthetics: many synthetic materials wick away perspiration while being warm and light.
- Blends: combine the advantages of all fabrics--the comfort of cotton, warmth of wool, and wicking ability of synthetics.
- Next layer: shirt--wool or chamois--and pants.
- Outer layer: jacket or parka filled with down or synthetic insulation.

Footwear.

- Match your footwear to the hiking conditions.
- Athletic shoes are adequate for short hikes over smooth trails.
- Longer hikes require sturdy, comfortable boots that provide ankle support and solid traction.
- Be sure your boots are light, fit well, and are worn in.

Rain gear.

- Always prepare for the weather turning bad.
- A poncho provides protection from the rain. It's effective in strong winds. It can also be used to construct a lean-to or as a ground cloth.
- Rain parkas and pants or chaps are usually more expensive than ponchos, but they provide more complete protection. Gaiters will keep water, mud, and sand out of your boots.

FOOD

Provisions.

- Pack dried, canned, or fresh food.
- With fresh food, be sure you have the capability of storing it so it won't spoil.
- Never depend on "living off the land" by hunting or fishing. Bring food in case the fish aren't biting or game is scarce.

Cooking.

- Arranging a fire. The smaller and thinner a material, the easier it will burn.
- Your fire should be no larger than necessary to accomplish the task.
- Pile up a handful of tinder, then loosely stack kindling and finally place down your wood, beginning with the smallest in diameter.
- Light the tinder. Once burning, it will ignite the kindling. Flaming kindling will create more heat and that, in turn, will ignite the wood.
- Put out a fire by dousing it with water or sprinkling it with snow. Stir the ashes, and dampen them again and again until they are absolutely dead.
- Using a stove. Camping stoves are convenient, reliable, and environmentally sound. Read their operating instructions, and follow them exactly for safe and effective results.

WATER

The hidden hazard.

- You can obtain an intestinal disorder by drinking untreated water.
- Disease symptoms usually include diarrhea, increased gas, loss of appetite, abdominal cramps, and bloating.

Protect Yourself.

- Boil water thoroughly. Boiling will also destroy other organisms that cause waterborne disease.
- Chemical disinfectants, such as iodine or chlorine tablets, are not as reliable as heat in killing germs, although these products work well against most waterborne bacteria and viruses that cause disease.
- The best precaution is to drink the water you bring from home.

ESSENTIAL GEAR

Survival.

- A pocketknife, flashlight, matches in a waterproof case, a compass, a "space" blanket, rain gear, bug spray, flares, whistle, and a canteen of water.

First aid.

- Bandages, splints, aspirin, disinfectant, soap, and calamine lotion.

REFERENCES

"Camping," Boy Scouts of America, Irving, Texas.

"Camping Stoves and Lanterns," L. L. Bean, Freeport, Maine.

USASC SAFETY CHECKLIST

U.S. ARMY SAFETY CENTER

Family Accident Prevention Program

Checklist for Camping

Roughing it, returning to nature, leaving the fastlane...whatever you call camping, it is a much needed change from everyday life for many enthusiasts. Camping lets you leave it all behind, but do not leave your safety sense at home. To ensure a safe trip keep these points in mind.

SAFE WATER.

- Boil water thoroughly.
- Use chemical disinfectants such as Iodine and Chlorine.
- Plan ahead and bring water from home.

SNAKEBITE.

Prevention:

- Do not disturb snakes.
- Avoid snake-infested areas or habitats.
- Wear protective clothing ie., Mid-calf boots, Long trousers, Mid-forearm gloves.
- Never try to surprise or corner a snake.
- Do not reach blindly into holes or onto rocky ledges.
- Do not disturb old wood or rock piles.

Precautions:

- Know in advance where medical help may be located and how to reach it

Symptoms:

Mild-to-Moderate.

- Mild swelling or discoloration. Pain at the site of the wound.
- Tingling sensations. Rapid pulse.
- Weakness. Dimness of vision.
- Nausea. Vomiting.
- Shortness of breath.

Severe Snakebite

- Rapid swelling and numbness.
- Severe pain at the site of the wound.
- Pinpoint pupils and twitching.
- Slurred speech, shock and convulsions.
- Paralysis, unconsciousness and no breathing or pulse.

First Aid for Snakebite Victims:

- Keep the victim from moving around.
- Keep the victim calm and in a lying position.
- Immobilize the bitten extremity and keep it at or below heart level.
- If mild-to-moderate symptoms develop apply a constricting band 2 to 4 inches above the bite. The band should be snug but loose enough for a finger to be slipped underneath.
- Watch for swelling.
- Periodically check the pulse in extremities beyond the bite to insure of blood flow.
- If severe symptoms develop keep the victim lying down and comfortable and maintain body temperature.
- If breathing stops, give mouth-to-mouth resuscitation.
- If there is no pulse, perform CPR.

As soon as possible make an incision over each fang mark and apply suction.

- Use a sharp, sterilized knife and cuts should be no deeper than just through the skin. About 1/2 inch long, extending over the suspected venom deposits.
- Do not make cross-cut incisions.
- Do not make cuts on the head, neck, or trunk.

If a hospital cannot be reached within 4 or 5 hours, then:

- Keep trying to obtain professional help. If no symptoms develop, keep trying to reach the Hospital and continue to give general first aid.
- If any symptoms at all develop, apply a constricting band, make incisions, and apply suction immediately.

BEARS AND OTHER DANGEROUS ANIMALS.

- Keep a clean camp and use a minimum of odorous food.
- Seal surplus food in clean wrapping material.
- A good deodorizer is effective in eliminating odors.
- Do not leave food on tables or in a tent in open boxes.
- Back country campers often suspend their supplies between two trees out of the reach of bears.
- Properly wrapped or sealed food is normally safe when stored in the trunk of a hard-topped car that has all the windows closed.
- Burn all garbage and food containers.
- Do not bury food scraps and containers.
- Don't encourage bears to approach.

TICKS AND LYME DISEASE.

- An illness caused by corkscrew-shaped bacteria.
- Not all ticks carry the disease.

- In 1984, there were 1,498 cases reported. Over 90% of all reported cases have been acquired in seven states: the Northeast seaboard (Connecticut, Massachusetts, Rhode Island, New Jersey, andNew York) and the upper Midwest (Wisconsin and Minnesota).
- An increasing number of cases have also been reported from California and Oregon, Texas, and parts of the Southeastern United States.

Symptoms:

- A characteristic rash or lesion develops. It generally looks like an expanding red ringwith a clear center. Can vary from blotchy appearance to redthroughout.Sometimes there are two or more lesions.
- Flu-like symptoms may appear along with headache, stiff neck, fever, muscle aches,and/or general malaise.

Treatment:

- Seek medical attention.
- Tell the physician that you have or may have been bitten by a tick.
- Timely treatment (with appropriate antibiotics)can ensure the disease or lessen severity.
- The treatment for later symptoms is more difficult, therefore early treatment is very important.
- Don't put off early treatment.

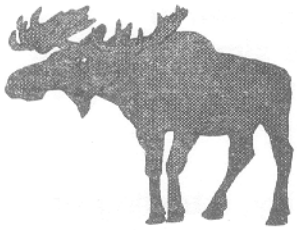
How to avoid tick bites:

- Tuck your pant legs into your socks.
- Tuck your shirt into your pants.
- Wear light colored clothing.
- Inspect your clothing for ticks often while in tick habitat.
- Wear repellents, applied according to label instructions.
- Inspect your head and body thoroughly when you get in from the field. Have a companion check your back.

What to do if bitten by a tick:

- Remove the tick as soon as possible.
- Save the tick for later identification.

OUTDOOR SAFETY



There is probably no one reading this column who has not heard of Mr. Yuk! And, there is probably no one who hasn't seen his sticker face on containers indicating something awful lies within. This labelling sticker was designed by the University of Maryland to alert children to danger when they see him. The sticker is now a universally recognized danger signal to children.

Likewise, in the workplace, OSHA has mandated a hazard communication program to identify hazardous chemicals which may be used during the course of a day's work. Additionally, material safety data sheets (MSDS) are kept at the worksite for identification of hazardous material characteristics.

Unfortunately, Mr. Yuk isn't tattooed on toxic plants or bees, and an MSDS can't be found for a poison ivy encounter. In lieu of that type of written notification, the next best thing is to prepare for the close encounters of Nature's unpredictability.

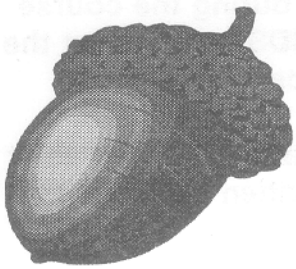
Once again, it's the time of year to revitalize from the cabin fever which takes hold during the latter part of what sometimes seems like an endless winter. It is also time to refresh memories about precautions when dealing with Nature during outdoor recreation, outdoor work, and/or sports.

Natural poisons range in effect from mild to severe, and are sometimes fatal. They include skin irritants, vomit inducing agents, protein digesting agents, blood poisons, nerve poisons, muscle contractors and relaxants, and physiological regulators. Although toxins from plants and animals kill only a few people each year, they make life miserable for many thousands.

In the United States, poisoning by rattlesnakes, coral snakes, widow spiders, brown spiders, and scorpions may be life threatening if untreated. Poisoning from plants (excluding plant-derived narcotic drugs) amounts to less than 2,000 cases annually, and the number of human deaths attributable to plant poisons is insignificant; that is, of course, unless it is your death or that of a friend. The most common plant poisonings of humans are by common ornamental and

house plants, such as holly, pyracantha, philodendron and dieffenbachia consumed by children. Anaphylaxis (a severe reaction to specific substances such as wasp venom or penicillin) is the life-threatening manifestation of poisoning. It is more frequently caused by bee and wasp stings simply because of the frequency of human exposure. Anaphylactic shock kills far more people that the direct effects of all natural toxins combined.

The most familiar poisonous plants in this area include poison ivy, a trailing or climbing woody vine or shrublike plant, 2 to 7 feet tall, and the scourge of campers and hikers alike. It is easily recognized by its three, broad dark glossy leaflets. It also produces clusters of tiny flowers that develop into gray berrylike drupes. Contamination by poison ivy can occur through direct or indirect contact with the plants or by exposure to smoke from burning plant parts. Contact causes a severe rash that easily spreads by contact.



The name poison oak is often applied to the shrublike forms of poison ivy. Its leaves are divided into three leaflets which are densely haired and generally have three to seven distinct lobes. The white berrylike fruits are also somewhat hairy. The poisonous substance contained in poison oak is believed to be identical or closely related to that found in poison ivy.

The third of the most common poison plants in this area is poison sumac which is more of a skin irritant that poison ivy. Its leaves are divided into 7 to 13 smooth margined leaflets from 6 to 15 inches long and have bright red stalks. There are small greenish white or yellowish green flowers in drooping clusters. In the fall, it has scarlet leaves and white berrylike drupes.

Gardeners, campers, and most outdoors persons will encounter a snake or two this season. Most snakes in this area are harmless; however, there are two pit vipers which can be found Here. One is the copperhead. It often congregates in large numbers during the fall in dens where it spends the winter. It prefers rocky regions. It has a reddish brown head and contrasting light and dark brown or copper colored bands. Juveniles possess a bright yellow tail thought to function as a lure for frogs and lizards. The adults are generally less than three feet in length. It is usually unoffensive unless it is disturbed, and its bite is not often fatal to humans.

Related to the copperhead, the water moccasin, or cottonmouth, is a venomous snake found in the southeastern states. It inhabits freshwater swamps, shallow lakes, and slow moving streams. It may leave the water to hibernate on ledges, and occasionally enter salt water. The adult ranges in length from 30 to 72 inches. The adults are dark olive, brown or black while the young are light and dark bands of brown with a yellow tail.

Along with poison ivy and snakes comes spiders. Although a nuisance when the webs are spun across the front door, most spiders are harmless. The black widow spider is the exception to the rule. It is distinguished by a red hourglass marking on its underside. Its venomous bite causes muscle spasms and difficulty in breathing and may be fatal. This spider is found throughout the United States.

Add in ants which can bite or sting, mosquitos, biting gnats, fleas, and ticks which feast upon humans like Dracula, and the nuisance list is close to complete. Although mostly annoying, these pests can cause serious illness to anyone who experiences severe allergic reaction to their venom.

So, the bottom line is simple - play it safe - know your surroundings when venturing into the great outdoors. There are snake bite kits and prophylactic kits for allergic reactions. If you have experienced difficulty in the past when encountering any one of these nuisances, prepare yourself prior to your venture. Precaution and proaction can save your life as well as make your great outdoor adventure a more pleasurable memory.

by:
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Installation Safety Division

USASC SAFETY FACT SHEET

FAMILY ACCIDENT PREVENTION PROGRAM

BBQ Grill Safety

By:USASC

Outdoor cooking is very popular. In fact, 66 million Americans cook outdoors regularly, according to the Barbecue Industry Association. You're probably one of those 66 million. Hopefully you're not one of the 1710 people who were treated in emergency rooms in 1986 for injuries related to charcoal- and wood-burning grills, though. As an outdoor cook, you need to avoid injuries by observing some safety precautions.

BEFORE COOKING

- Instruct children on the dangers of a lit grill.
- Choose a safe grilling location: Away from children's play areas and areas of heavy traffic. . In a well-ventilated area (to avoid the danger from carbon monoxide fumes). Never grill inside or even in a semi-enclosed area, such as a tent or camper. On a flat, stable platform.
- Make sure you're not wearing clothing that could get in the fire, such as hanging shirttails or dangling strings.
- Never leave a grill unattended.

COOKING WITH LP GAS GRILLS

- Read owner's manual and operating instructions carefully.
- Use the exact type of tank and fuel specified.
- Check hoses and valve connections often. Do this by pouring soapy water on the connection points. If bubbles appear retighten connections and test again.
- Transport and store liquid propane cylinders in an upright position and never where temperatures can reach 125 degrees .
- Whether your grill lights by match or push button ignitor, Always follow the manufacturer's instructions.
- Adjust the burner to a lower setting to lower the temperature of your fire.
- Increase the setting of your burner to increase the fire's temperature.

COOKING ON CHARCOAL GRILLS

- Never start a fire with gasoline.
- If using an electric fire starter:. Use an insulated indoor/outdoor cord.
- Use a **Ground Fault Circuit Interrupter (GFCI)**
- Be sure the ground is dry and you're not standing in water when plugging the starter into an outlet.
- The starter will stay hot for several minutes after use, so place it out of reach of children and on a surface it won't burn.
- If using instant lighting briquets: Spread them into a single layer; make sure they touch at the edges. Light several of them at their edges with a match.
- If using standard charcoal briquets: Stack them in a pyramid to allow air to circulate around them, causing them to light faster. Apply lighter fluid before lighting; wait at least one minute before lighting to allow lighter fluid to soak in. Never add fluid to the coals once they've been lit. When using a chimney lighter, place newspaper in the bottom and deposit coals in the top.

- Light paper with a match, and pour the coals into your grill when they're ash grey. To revive a dying fire, place a small amount of lighter fluid on a few briquets a safe distance from the grill. Then carefully add them to the fire one at a time.
- **To control the temperature:** The coals are ready for cooking when they're ash grey in the daylight or glowing red at night. Spread them into a single layer with long-handled tongs.
- To reduce the temperature: raise the cooking grid, spread out the coals, lower the lid, and close the vents halfway.
- To increase the temperature: lower the cooking grid, tap the ashes from the coals, push the coals closer together,place additional coals around the lit ones, and fully open the vents on the grill lid.

FLARE-UPS

- Fat from your meat drips onto the fire. The fire ignites the fat, causing flare-ups. To avoid flare-ups:
- Grill low-fat meat.
- Trim excess fat from your meat.
- Spread lettuce leaves onto the coals to keep fat from coming into direct contact with them.
- Place a drip pan beneath the meat to catch fat before it hits the coals.
- Don't place meat directly over heat source.
- Keep cover closed and adjust vents as necessary.

As a last resort, spray a mist of water on charcoal briquets.

References:

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710 East Ogden Avenue
Naperville, Illinois 60540

Expect the Unexpected
American Red Cross